

<b>MONDAY</b>	9.30am - 10.15am Fitness Pilates with weights	10.15am - 11.15am Hatha Yoga	12:30pm - 1:00pm Abs Blast	6.00pm - 6:30pm Meditation  (Alternate Mondays Every 2nd & 4th Monday)	6.00pm - 6:45pm (excl Bank Hols) Face to Face Outdoor Bootcamp Harrogate Grammar School £5 members / £8 non-members	7.30pm - 8:30pm  Pre-recording Boxercise
<b>TUESDAY</b>	6.30am - 7.00am  Early Bird Express Cardio	9:15am - 10.00am  Fitness Pilates with weights	10:15am - 10.45am  Strength Training	6:00pm - 7.00pm  Dynamic Yoga		
<b>WEDNESDAY</b>	9.30am - 10.15am  HIIT Training	6:00pm - 6.45pm  Boxercise	7:00pm - 7.45pm  Fitness Pilates			
<b>THURSDAY</b>	6.30am - 7.00am  Early Bird Legs, Bums & Tums	9.30am - 10.00am  80's & 90's Aerobics	10:15am - 10.45am  Strength Training	12:30pm - 1:15pm  Power Pilates Advanced		
<b>FRIDAY</b>	9.30am - 10.15am  Fitness Pilates with Weights	10.15am - 11.15am  Vinyasa Flow Yoga	11.00am - 11.45am  Face 2 Face Pilats in the Park			
<b>SATURDAY</b>	8.00am  Pre-recording Cardio Arms & Abs	9.00am - 9.45am  Face to Face Outdoor Bootcamp  Harrogate Grammar School £5 members / £8 non members				